

March 2022



Fitness in the park
www.saparksandrec.com

San Antonio Natatorium

Fitness in the Park is a year-round free exercise program that brings a variety of indoor and outdoor fitness classes throughout San Antonio. Getting started is easy! Just take a look at the current schedule and join us. There is no registration required. Classes are open to all fitness levels.



@SAParksandRec

WEATHER HOTLINE (210) 207-3128



**CITY OF SAN ANTONIO
PARKS & RECREATION**

Fitness in the Park Instructor Bio:

Belinda Herrera



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Spring is here, and Belinda is ready to help you make big leaps with your fitness!

Belinda has been teaching fitness classes for over 5 years with the Fitness in the Park program. Belinda is a versatile instructor that enjoys teaching a variety of classes, which she recently expanded by becoming a certified Kickboxing instructor! “My favorite part about being a fitness instructor is helping people reach their goals, but also making it enjoyable. I love making new and crazy workouts that are different but fun!”

- Belinda Herrera



Class Schedule

Class Name	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place
Interval Training	Outdoor	Hardberger Park (Blanco Rd)	Tuesday	9:00 am	Playground
Core Training	Outdoor	Hardberger Park (Blanco Rd)	Tuesday	10:00 am	Playground
Interval Training	Indoor	Enrique Barrera Fitness Center	Tuesday	12:00 pm	Fitness Center
Circuit Training	Indoor	Enrique Barrera Fitness Center	Thursday	12:00 pm	Fitness Center

Fitness Disciplines

In order to better serve you, we have categorized targeted classes into the following fitness disciplines. This categorization will allow us to potentially offer substitutions when necessary.

FLEXIBILITY

Classes categorized as flexibility class revolve around stretching as well as slow and controlled movement.

CORE

Concerned about your posture? These exercises focus on working abdominal muscles and muscles around the torso.

STRENGTH

Geared towards increasing strength, expect to feel your muscles burn and your body to sweat with these high intensity exercises.

CARDIO

Prepare to sweat! Join these activities that keep your heart rate elevated.




LOW IMPACT

Need less intense options? These classes include more gentle movements that are effective on a variety of mobility and balance abilities.

Strength

Boot Camp classes are moderate to high intensity and designed to build strength and cardio fitness levels. Exercises are a mix of strength training and high intensity cardio intervals. Boot Camp workouts will challenge every muscle in your body. **Strength Training** classes will include a variety of bodyweight and weighted exercises designed to increase full body muscular strength and endurance. **Family Fun Fitness** classes are a full body family-friendly workout that includes cardio and strength training exercises.

Circuit Training classes are moderate intensity and include a variety of exercises geared towards increasing endurance, power, strength, stamina, and speed. The goal of each class is to provide a total body workout. An exercise “Circuit” refers to one completion of all prescribed exercises in the program. **Interval Training** includes many of the same movements that comprise a boot camp or circuit training session. Interval training is unique due to the way in which the exercise is prescribed. Typically, participants will engage in an exercise for bursts of high intensity or effort followed by a short period of lower intensity movement. This pattern is repeated throughout the session resulting in a complete body workout. Interval Training classes are extremely high intensity & will burn a high number of calories! **Barbell Pump** classes combines cardio and strength training into one calorie burning total body workout! Participants will use barbells with light to moderate weights and perform a high number of repetitions for each exercise. Get lean and toned with **Barbell Pump**!

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
NEW Barbell Pump	18 +	Indoor	Enrique Barrera Fitness Center	Monday	6:00 pm	Fitness Center	
Strength Training	18 +	Outdoor	Lions Field Adult and Senior Center	Mon / Wed	6:00 pm	Front lawn	
Boot Camp 	18 +	Indoor	Woodlawn Lake Park	Monday	6:30 pm	Woodlawn Lake Gym	
Interval Training	18 +	Outdoor	Hardberger Park (Blanco Rd)	Tuesday	9:00 am	Playground	
FitLot Circuit Training	18 +	Outdoor	Normoyle Park	Tuesday	9:30 am	FitLot Outdoor Fitness Station	Fore more information visit www.fitlot.org/parks/san-antonio
Interval Training	18 +	Indoor	Enrique Barrera Fitness Center	Tuesday	12:00 pm	Fitness Center	
Family Fun Fitness	5 +	Outdoor	Levi Strauss Park	Tuesday	4:00 pm	Playground	
Circuit Training 	12 +	Outdoor	Bonnie Conner Park	Tuesday	5:30 pm	John Igo Library parking lot	
Boot Camp	18 +	Outdoor	Olympia Park	Tuesday	6:00 pm	Pavilion	
Interval Training 	12 +	Outdoor	Bonnie Conner Park	Tuesday	6:30 pm	John Igo Library parking lot	



Strength

Short on time? **Fit Express** is a 20 minute high intensity full body workout that will get you in shape in a hurry! Classes will be efficient and effective with short periods of rest to burn through calories quickly.

Bike Boot Camp combines cardio with strength training into one great workout! Participants will rotate between cardio sessions on the spin cycles and full body boot camp style exercises.

SPEAR (Strength Power Endurance and Resistance) Training classes follow the CrossFit methodology and include constantly varied functional movements performed at high intensity. The exercises are core strength and conditioning based with workouts being task or time based. These movements reflect the best aspects of gymnastics, weightlifting, running, throwing, and more. This fitness discipline is diverse and productive. These exercises are designed for all fitness levels! Classes are instructed by a CF-L1 Trainer.

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Circuit Training 	18 +	Outdoor	Highland Park	Wednesday	6:00 pm	Outdoor basketball court	
Circuit Training	18 +	Indoor	Enrique Barrera Fitness Center	Thursday	12:00 pm	Fitness Center	*No class 3/31
High Intensity Interval Training <i>Hosted by Palo Alto College</i>	18 +	Outdoor	Palomino Park	Thursday	5:30 pm	Open field	
Boot Camp	18 +	Both	Dawson Park	Thursday	6:00 pm	Dawson Community Center	
 Bike Boot Camp	18 +	Indoor	Enrique Barrera Fitness Center	Thursday	6:00 pm	Fitness Center	*No class 3/31
SPEAR Training 	18 +	Indoor	Woodlawn Lake Park	Thursday	6:30 pm	Woodlawn Lake Gym	
Interval Training 	18 +	Indoor	Woodlawn Lake Park	Thursday	7:30 pm	Woodlawn Lake Gym	
SPEAR Training 	18 +	Outdoor	McAllister Park	Saturday	9:00 am	Turkey Roost Pavilion	
 FitLot Citcuit Training	18 +	Outdoor	Normoyle Park	Saturday	9:00 am	FitLot Outdoor Fitness Station	Fore more information visit www.fitlot.org/parks/san-antonio
Boot Camp	18 +	Outdoor	Pearsall Park	Saturday	9:00 am	Pavilion	
Circuit Training 	18 +	Outdoor	McAllister Park	Saturday	10:00 am	Turkey Roost Pavilion	
 Fit Express	18 +	Outdoor	Pearsall Park	Saturday	10:00 am	Pavilion	
Circuit Training	18 +	Outdoor	Hardberger Park (NW Military)	Sunday	9:00 am	Basketball court	

Core

Core Training classes will blast your abs by performing specific exercises to strengthen the muscles. These moderate intensity classes will have you feeling the burn! **Core Rhythms** will take your ab workout to the next level by synergizing ab exercises to the energy packed beat of the music!

CoRE class is a combination of core training exercises with respiratory endurance exercises to get a total core workout. Class will be modeled after the U.S. Army Physical Readiness Training (PRT) philosophy and techniques.

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
CoRE 	18 +	Indoor	Woodlawn Lake Park	Monday	7:30 pm	Woodlawn Lake Gym	
Core Training	18 +	Outdoor	Hardberger Park (Blanco Rd)	Tuesday	10:00 am	Playground	
Core Rhythms	18 +	Indoor	Harlandale Park	Tuesday	6:00 pm	Harlandale Community Center	*No class 3/8 & 3/15
Core Rhythms	18 +	Indoor	Highland Park	Tuesday	6:00 pm	Bode Community Center	3/8 & 3/15 only
Core Training	18 +	Outdoor	Olympia Park	Tuesday	7:00 pm	Pavilion	
Core Rhythms	18 +	Indoor	Highland Park	Thursday	6:00 pm	Bode Community Center	3/10 only
Core Rhythms	18 +	Indoor	Southside Lions Park	Thursday	6:00 pm	Southside Lions Community Center	*No class 3/10 & 3/31
Core Training	18 +	Both	Dawson Park	Thursday	7:00 pm	Dawson Community Center	
Core Training	18 +	Outdoor	Hardberger Park (NW Military)	Sunday	10:00 am	Basketball court	



Low Impact

Low Impact Circuit workouts are a great way to get active while reducing the risk of injury with exercises that are less strenuous on the joints. Low Impact Circuit Training classes are moderate intensity, but without high impact exercises such as sprinting and jumping.

Morning Exercise is a great way to start the day, classes include a variety of strength training and flexibility movements to help you start the day off right!

Strength & Balance, and **Strength & Conditioning** classes are low to moderate intensity chair fitness classes with strength and cardio exercises.

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Morning Exercise	18 +	Indoor	Lions Field Adult and Senior Center	Mon—Fri	9:00 am	Lions Field Adult and Senior Center	*No class 3/31
Low Impact Circuit 	18 +	Outdoor	Lou Kardon Park	Monday	9:00 am	Playground	
Strength & Conditioning <i>Hosted by the Department of Human Services</i>	60 +	Indoor	District 2 Senior Center	Monday	2:00 pm	District 2 Senior Center	<i>Participants must be 60 years of age or older</i>
Chair Fitness	18 +	Indoor	Commander's House Adult and Senior Center	Tuesday	9:00 am	Commander's House Adult and Senior Center	
Chair Fitness	18 +	Indoor	Lackland Terrace Park	Tuesday	9:30 am	Gill Adult and Senior Center	
Low Impact Circuit	18 +	Indoor	Granados Park	Tues / Thurs	12:30 pm	Granados Adult and Senior Center	*No class 3/31
Low Impact Circuit 	18 +	Outdoor	John James Park	Wednesday	9:00 am	Playground	
Strength & Conditioning <i>Hosted by the Department of Human Services</i>	60 +	Indoor	District 2 Senior Center	Wednesday	9:00 am	District 2 Senior Center	<i>Participants must be 60 years of age or older</i>
Strength & Balance	18 +	Indoor	Lackland Terrace Park	Thursday	9:30 am	Gill Adult and Senior Center	*No class 3/31



Lou Kardon Park



Lackland Terrace Park




John James Park

Flexibility

Yoga classes will exercise your mind, body, and soul. Yoga helps reduce stress and anxiety, improve flexibility, and strengthen respiratory functions. Need a more accessible option? Try **Chair Yoga** where all postures are performed while seated or with the assistance of a chair.

Stretching is often an overlooked aspect of a fitness program, but it's importance in flexibility and recovery should not be ignored. Classes will include active, passive, and static stretches to increase participants' overall flexibility. **Eccentrics®** dynamically combines strength and stretching to develop a strong, toned body with the complete ability of moving each joint and muscle freely.

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Stretching	18 +	Indoor	Encino Library	Tuesday	1:30 pm	Encino Library	*No class 3/15
Yoga 	18 +	Indoor	Enrique Barrera Fitness Center	Tuesday	5:00 pm	Fitness Center	
Yoga	18 +	Indoor	Enrique Barrera Fitness Center	Wednesday	5:00 pm	Fitness Center	
 Chair Yoga	18 +	Indoor	Commander's House Adult and Senior Center	Thursday	10:00 am	Commander's House Adult and Senior Center	*No class 3/31
Chair Yoga	18 +	Indoor	Lackland Terrace Park	Thursday	10:00 am	Gill Adult and Senior Center	*No class 3/31
Yoga	18 +	Both	Parman Library	Thursday	11:00 am	Parman Library	*No class 3/17
Gentle Yoga <i>Hosted by the Department of Human Services</i>	60 +	Indoor	District 2 Senior Center	Thursday	1:00 pm	District 2 Senior Center	Participants must be 60 years of age or older *No class 3/31
Eccentrics®	18 +	Indoor	Granados Park	Friday	11:00 am	Granados Adult and Senior Center	




Parman Library



Barrera Fitness Center

Cardio

Cardio is short for cardiovascular exercise. Cardio exercises can vary greatly, but the primary goal of the movements are to increase blood circulation throughout the body and raise heart rate. **None2Run 5K Training Program** is an 8-week program that will guide participants on a progressive training program to successfully complete a 5K at the end! **Cardio Fit** classes will get participants' hearts pumping with rhythmic aerobic exercises and strength training interval based routines. **Drum Fitness** classes bring together drumsticks and an exercise ball to create a fun cardio blasting work out that you'll never want to end! Get results with **Step Aerobics**! The upbeat music will motivate you, as you burn though calories in this fun and challenging class. Fueled by Hip Hop Dance music, **Get Lit & Drip** is an energy packed step aerobics class that will have participants working hard while having a great time!

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Drum Fitness	18 +	Indoor	Lackland Terrace Park	Mon / Wed	10:00 am	Gill Adult and Senior Center	
NEW None2Run 5K Training 	18 +	Outdoor	Woodlawn Lake Park	Mon / Thurs	5:30 pm	Woodlawn Lake Gym	
NEW Walking Group	18 +	Outdoor	Commander's House Adult and Senior Center	Tuesday	10:00 am	Commander's House Adult and Senior Center	
Cardio Fit	18 +	Indoor	Encino Library	Tuesday	12:30 pm	Encino Library	*No class 3/15
Step Aerobics	18 +	Indoor	Enrique Barrera Fitness Center	Tuesday	6:00 pm	Fitness Center	
Drum Fitness	18 +	Indoor	Commander's House Adult and Senior Center	Thursday	9:00 am	Commander's House Adult and Senior Center	*No class 3/31
Cardio Fit	18 +	Both	Parman Library	Thursday	10:00 am	Parman Library	*No class 3/17
Cardio Fit	18 +	Indoor	Enrique Barrera Fitness Center	Friday	10:30 am	Fitness Center	
Get Lit & Drip	18 +	Indoor	LBJ Park	Friday	6:00 pm	Lou Hamilton Community Center	*No class 3/11



LBJ Park



Enrique Barrera Fitness Center



Lackland Terrace Park

Zumba

Working out doesn't feel like work when you're having fun. Dance, through **Zumba**, is a fun and engaging exercise that allows you to burn calories, improve tone and increase your endurance. Our Zumba classes always feel like a party. Join us and party yourself into shape. **Zumba Gold** is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. ***Participants must be 60 years of age or older.***

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Zumba	8 +	Indoor	Highland Park	Monday	7:00 pm	Bode Community Center	3/7 only
Zumba	8 +	Indoor	Southside Lions Park	Monday	7:00 pm	Southside Lions Community Center	*No class 3/7
Zumba <i>Hosted by Kaliente</i>	8 +	Indoor	West End Park	Monday	7:30 pm	Frank Garrett Multi-Service Center	*No class 3/7
Zumba Gold <i>Hosted by the Department of Human Services</i>	60 +	Indoor	District 2 Senior Center	Tuesday	10:00 am	District 2 Senior Center	<i>Participants must be 60 years of age or older</i>
Zumba	8 +	Indoor	Harlandale Park	Tuesday	7:00 pm	Harlandale Community Center	*No class 3/8 & 3/15
Zumba	8 +	Indoor	Highland Park	Tuesday	7:00 pm	Bode Community Center	3/8 & 3/15 only
Zumba	8 +	Indoor	Enrique Barrera Fitness Center	Wednesday	6:30 pm	Fitness Center	
Zumba	8 +	Indoor	Highland Park	Thursday	7:00 pm	Bode Community Center	3/10 only
Zumba	8 +	Indoor	Southside Lions Park	Thursday	7:00 pm	Southside Lions Community Center	*No class 3/10 & 3/31
Zumba Gold <i>Hosted by the Department of Human Services</i>	60 +	Indoor	Normoyle Park	Friday	8:00 am	Normoyle Senior Center	<i>Participants must be 60 years of age or older</i>
Zumba	8 +	Indoor	Copernicus Park	Saturday	10:30 am	Copernicus Community Center	



Enrique Barrera Fitness Center



Harlandale Park

Dance Fitness

Dance is a great way to work on your overall fitness. It improves your cardiovascular endurance, muscular strength and balance. With a wide variety of dance classes including **Hula Dance**, **Line Dance** & **Hip Hop**. **Mo' Dancing** classes will include a mixture of multiple Latin Dance styles. **Hip Hop Majorette Dance** incorporates high energy synchronized dance moves and marches/stunts inspired by HBCU dance lines. We have something for everyone!

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Hula Dance	6 +	Indoor	LBJ Park	Mon / Wed	6:00 pm	Hamilton Community Center	*No class 3/7 & 3/9
Hip Hop Dance	12 +	Indoor	Copernicus Park	Monday	7:00 pm	Copernicus Community Center	*No class 3/7 & 3/14
Hip Hop Majorette Dance <i>Hosted by SA Hidden Treasures</i>	6—15	Indoor	West End Park	Tues / Friday	5:30 pm	Frank Garrett Multi-Service Center	*No class 3/8 & 3/11
Hip Hop Dance	12 +	Indoor	LBJ Park	Wednesday	7:00 pm	Hamilton Community Center	*No class 3/9
Line Dance	18 +	Indoor	Lions Field Adult and Senior Center	Thursday	10:00 am	Lions Field Adult and Senior Center	Beginner level *No class 3/31
Line Dance	18 +	Indoor	Lions Field Adult and Senior Center	Thursday	11:00 am	Lions Field Adult and Senior Center	Improver level *No class 3/31
NEW Line Dance Fitness	18 +	Indoor	Commander's House Adult and Senior Center	Thursday	10:00 am	Commander's House Adult and Senior Center	*No class 3/31
Line Dance <i>Hosted by San Antonio Metro Health District</i>	18 +	Indoor	West End Park	Thursday	6:30 pm	Frank Garrett Multi-Service Center	*No class 3/10 & 3/31
Mo' Dancing	18 +	Indoor	Garza Park	Saturday	12:00 pm	Garza Community Center	



LBJ Park



Garza Park

Net Sports

Whether you're new to tennis or just want to brush up on your skills, our non-competitive tennis sessions hosted by San Antonio Learning Through Tennis (SALTT) and the San Antonio Tennis Association (SATA) are perfect for those that want to get back into the "swing" of things. For a variation on traditional tennis, try one of the fastest growing sports in America—Pickleball! Are you interested in pickleball but don't know how to play? Join us for **Pickleball 101** to learn how to play.



LBJ Park



Fairchild Park

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Pickleball	18 +	Indoor	Granados Park	Monday	10:30 am	Granados Adult and Senior Center	
Beginner Tennis <i>Hosted by SALTT</i>	6 +	Outdoor	Fairchild Park	Tuesday	6:00 pm	Fairchild Tennis Center courts 14-15	For more information visit www.saltt.online
Pickleball	18 +	Indoor	Southside Lions Park	Wednesday	6:00 pm	Southside Lions Community Center	*No class 3/9
Beginner Tennis <i>Hosted by SATA</i>	6 +	Outdoor	San Pedro Springs Park	Thursday	6:00 pm	McFarlin Tennis Center courts 17-19	For more information visit www.satennis.com *No class 3/31
Pickleball 101 <i>Hosted by San Antonio Pickleball Association</i>	10 +	Outdoor	Fairchild Park	Friday, March 25	6:00 pm	Fairchild Tennis Center	For more information visit www.sanantoniopickleball.org
Pickleball	10 +	Indoor	LBJ Park	Saturday	9:30 am	Lou Hamilton Community Center	



San Pedro Springs Park



Fairchild Park

Aqua Fitness

Water Aerobics classes are a great low impact workout, in shallow water, using the resistance of the water to produce a full body workout.

Aqua Zumba is the exciting pool party you don't want to miss. Make a splash with this low impact high-energy aqua fitness class!

Lap Swimming provides a full body workout by targeting three important types of exercise; cardio, strength training, and flexibility. **Water Walking** is another great way to utilize the natural resistance of the water to challenge and strengthen your muscles. Experience a HIIT class like no other with **Aqua Board HIIT**. This High Intensity Interval Training class is done on top of the water using specialized floating Aqua Fit boards.

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Lap Swim	18 +	Indoor	San Antonio Natatorium	Mon / Wed / Fri	10:00am—11:00 am	Recreation pool	
Water Aerobics	18 +	Indoor	San Antonio Natatorium	Mon / Wed / Fri	12:00 pm	Recreation pool	
Water Walking	18 +	Indoor	San Antonio Natatorium	Tues / Thurs	10:00 am—11:00 am	Recreation pool	*No class 3/31
Water Aerobics	18 +	Indoor	San Antonio Natatorium	Tues / Thurs	6:30 pm	Recreation Pool	*No class 3/31
Aqua Zumba	11 +	Indoor	San Antonio Natatorium	Wednesday	6:30 pm	Recreation pool	
Aqua Board HIIT	18 +	Indoor	San Antonio Natatorium	Saturday	11:30 am	Recreation Pool	



San Antonio Natatorium

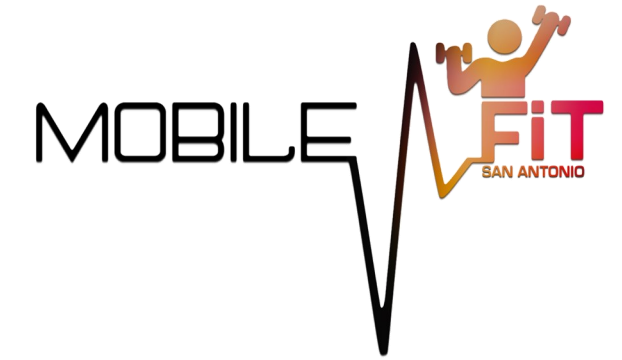


San Antonio Natatorium



San Antonio Natatorium

Mobile Fit Classes



Mobile Fit is teaming up with Fitness in the Park! Enjoy your fitness class, see what the Mobile Fit has to offer, and receive a free health screening! The Mobile Fit vehicle comes equipped with an InBody scale which analyzes your body composition. Our InBody scales use bioelectric impedance analysis (BIA) to provide accurate and precise direct measurements of the entire body and a detailed breakdown of your weight in terms of muscle, fat, and water. The Mobile Fit Vehicle is also equipped with an interactive video gaming system, so the whole family can enjoy gaming and fitness combined!

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Circuit Training	18 +	Outdoor	Tom Slick Park	Tuesday	9:00 am	Playground	
Circuit Training	18 +	Outdoor	Heritage Duck Pond Park	Thursday	9:00 am	Outdoor fitness equipment	*No class 3/31





Lou Kardon Park



Woodlawn Lake Park

Other Fitness Opportunities

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Chair Volleyball	18 +	Both	Commander's House Adult and Senior Center	Monday	1:30 pm	Commander's House Adult and Senior Center	
Intro to Parkour <i>Hosted by Parkour Generations San Antonio</i>	10 +	Outdoor	San Pedro Springs Park	Monday	6:00 pm	The Public Theater of San Antonio	For more information visit www.SeekParkour.com
Stroller Barre <i>Hosted by Fit4MOM North San Antonio</i>	18 +	Outdoor	Hardberger Park (Blanco Rd)	Tuesday, March 1	9:30 am	Playground	1st Tuesday of the month Participants must reserve a spot at https://northsanantonio.fit4mom.com
Basketball Conditioning	7—15	Indoor	West End Park	Tues / Thurs	6:30 pm	Frank Garrett Multi-Service Center	*No class 3/8, 3/10 & 3/31
STORM Group Ride <i>Hosted by South Texas Off Road Mountain-Bikers</i>	18 +	Outdoor	McAllister Park	Thursday	6:30 pm	Turkey Roost Pavilion	For more information visit www.stormmtb.org
Volleyball Conditioning	7—15	Indoor	West End Park	Friday	5:00 pm	Frank Garrett Multi-Service Center	*No class 3/11
Walk with a Doc <i>Hosted by Advanced Internal Medicine Practice</i>	Family	Outdoor	Hardberger Park (Blanco Rd)	Saturday, March 12	8:00 am	Playground	2nd Saturday of the month
Volleyball Conditioning	11—13	Indoor	Joe Ward Park	Saturday	10:00 am	Joe Ward Community Center	
Volleyball Conditioning	14—17	Indoor	Joe Ward Park	Saturday	12:00 pm	Joe Ward Community Center	
Basketball Conditioning	7—15	Indoor	Normoyle Park	Saturday	2:00 pm	Normoyle Community Center	
 Hiking Heroes <i>Hosted by Circle of Arms</i> 	18 +	Outdoor	Leon Vista Park	Saturday, March 5	9:00 am	Leon Vista Park Trailhead	For more information visit www.circleofarms.org









The San Antonio Parks and Recreation Department is proud to offer Troops for Fitness, which is a series of fitness classes taught by skilled military veterans.





The Following Fitness in the Park classes found within this schedule are official Troops for Fitness classes:



- **Circuit Training**
 - McAllister Park
 - Highland Park
 - Bonnie Conner Park
- **Boot Camp**
 - Woodlawn Lake Park
- **Walking/Running Group**
 - Leon Vista Park Trailhead
 - Woodlawn Lake Park
- **Interval Training**
 - Woodlawn Lake Park
 - Bonnie Conner Park
- **SPEAR**
 - Woodlawn Lake Park
 - McAllister Park
- **Core Training**
 - Woodlawn Lake Park
- **Yoga**
 - Barrera Fitness Center
- **Low Impact**
 - Lou Kardon Park
 - John James Park






Monday February 28	Tuesday March 1	Wednesday March 2	Thursday March 3	Friday March 4	Saturday March 5
<p>9:00 am Low Impact Circuit Lou Kardon Park Morning Exercise Lions Field Adult & Senior Center</p> <p>10:00 am Drum Fitness Lackland Terrace Park Lap Swim SA Natatorium</p> <p>10:30 am Pickleball Granados Park</p> <p>12:00 pm Water Aerobics SA Natatorium</p> <p>1:30 pm Chair Volleyball Commander's House Adult & Senior Center</p> <p>2:00 pm Senior Strength & Conditioning D2 Senior Center</p> <p>6:00 pm Boot Camp Barrera FC Strength Training Lions Field Adult and Senior Center Hula Dance LBJ Park Intro to Parkour San Pedro Springs Park Running Group King William Park</p> <p>6:30 pm Boot Camp Woodlawn Lake Park</p> <p>7:00 pm Zumba Highland Park Hip Hop Dance Copernicus Park</p> <p>7:30 pm CoRE Woodlawn Lake Park Zumba West End Park</p>	<p>9:00 am Interval Training Hardberger Park (Blanco Rd) Morning Exercise Lions Field Adult & Senior Center Chair Fitness Commander's House Adult & Senior Center Mobile Fit Circuit Training Tom Slick Park</p> <p>9:30 am FitLot Circuit Training Normoyle Park Chair Fitness Lackland Terrace Park Stroller Barre Hardberger Park (Blanco Rd)</p> <p>10:00 am Core Training Hardberger Park (Blanco Rd) Water Walking SA Natatorium Walking Group Commander's House Adult & Senior Center Zumba Gold D2 Senior Center</p> <p>12:00 pm Interval Training Barrera FC</p> <p>12:30 pm Low Impact Circuit Granados Park Cardio Fit Encino Library</p> <p>1:30 pm Stretching Encino Library</p> <p>4:00 pm Family Fun Fitness Levi Strauss Park</p> <p>5:00 pm Yoga Barrera FC</p> <p>5:30 pm Circuit Training Bonnie Conner Park Hip Hop Majorette Dance West End Park</p> <p>6:00 pm Step Aerobics Barrera FC Boot Camp Olympia Park Core Rhythms Harlandale Park Beginner Tennis Fairchild Park</p> <p>6:30 pm Interval Training Bonnie Conner Park Water Aerobics SA Natatorium Basketball Conditioning West End Park</p> <p>7:00 pm Core Training Olympia Park Zumba Harlandale Park</p>	<p>9:00 am Low Impact Circuit John James Park Senior Strength & Conditioning D2 Senior Center Morning Exercise Lions Field Adult & Senior Center</p> <p>10:00 am Drum Fitness Lackland Terrace Park Lap Swim SA Natatorium</p> <p>12:00 pm Water Aerobics SA Natatorium</p> <p>5:00 pm Yoga Barrera FC</p> <p>6:00 pm Circuit Training Highland Park Strength Training Lions Field Adult and Senior Center Hula Dance LBJ Park Pickleball Southside Lions Park</p> <p>6:30 pm Aqua Zumba San Antonio Natatorium Zumba Barrera FC</p> <p>7:00 pm Hip Hop Dance LBJ Park</p>	<p>9:00 am Mobile Fit Circuit Training Heritage Duck Pond Park Morning Exercise Lions Field Adult & Senior Center Drum Fitness Commander's House Adult & Senior Center</p> <p>9:30 am Strength & Balance Lackland Terrace Park</p> <p>10:00 am Chair Yoga Lackland Terrace Park Chair Yoga Commander's House Adult & Senior Center Cardio Fit Parman Library Line Dance Lions Field Adult & Senior Center Line Dance Commander's House Adult & Senior Center Water Walking SA Natatorium</p> <p>11:00 am Yoga Parman Library Line Dance Lions Field Adult and Senior Center</p> <p>12:00 pm Circuit Training Barrera FC</p> <p>12:30 pm Low Impact Circuit Granados Park</p> <p>1:00 pm Gentle Yoga D2 Senior Center</p> <p>5:30 pm HIIT Palomino Park None2Run 5K Training Woodlawn Lake Park</p> <p>6:00 pm Bike Boot Camp Barrera FC Beginner Tennis San Pedro Springs Park Boot Camp Dawson Park Core Rhythms Southside Lions Park</p> <p>6:30 pm SPEAR Training Woodlawn Lake Park STORM Group Ride McAllister Park Water Aerobics SA Natatorium Basketball Conditioning West End Park Line Dance West End Park</p> <p>7:00 pm Zumba Southside Lions Park Core Training Dawson Park</p> <p>7:30 pm Interval Training Woodlawn Lake Park</p>	<p>8:00 am Zumba Gold Normoyle Senior Center</p> <p>9:00 am Morning Exercise Lions Field Adult & Senior Center</p> <p>10:00 am Lap Swim SA Natatorium</p> <p>10:30 am Cardio Fit Barrera FC</p> <p>11:00 am Eccentrics Granados Park</p> <p>12:00 pm Water Aerobics SA Natatorium</p> <p>5:00 pm Volleyball Conditioning West End Park</p> <p>5:30 pm Hip Hop Majorette Dance West End Park</p> <p>6:00 pm Get Lit & Drip LBJ Park</p>	<p>9:00 am SPEAR Training McAllister Park Boot Camp Pearsall Park FitLot Circuit Training Normoyle Park Hiking Heroes Leon Vista Trailhead Park</p> <p>9:30 am Pickleball LBJ Park</p> <p>10:00 am Circuit Training McAllister Park Fit Express Pearsall Park Volleyball Conditioning Joe Ward Park</p> <p>10:30 am Zumba Copernicus Park</p> <p>11:30 am Aqua Board HIIT SA Natatorium</p> <p>12:00 pm Volleyball Conditioning Joe Ward Park Mo' Dancing Garza Park</p> <p>2:00 pm Basketball Conditioning Normoyle Park</p>
<div>   </div> <p>Home Bodies @ SAparksandRec</p>					
<div>   </div> <p>Home Bodies @ SAparksandRec</p>					
Sunday March 6					
<p>9:00 am Circuit Training Hardberger Park (NW Military)</p> <p>10:00 am Core Training Hardberger Park (NW Military)</p>					

Monday March 7	Tuesday March 8	Wednesday March 9	Thursday March 10	Friday March 11	Saturday March 12
<p><u>9:00 am</u> Low Impact Circuit Lou Kardon Park Morning Exercise Lions Field Adult & Senior Center</p> <p><u>10:00 am</u> Drum Fitness Lackland Terrace Park Lap Swim SA Natatorium</p> <p><u>10:30 am</u> Pickleball Granados Park</p> <p><u>12:00 pm</u> Water Aerobics SA Natatorium</p> <p><u>1:30 pm</u> Chair Volleyball Commander's House Adult & Senior Center</p> <p><u>2:00 pm</u> Senior Strength & Conditioning D2 Senior Center</p> <p><u>5:30 pm</u> None2Run 5K Training Woodlawn Lake Park</p> <p><u>6:00 pm</u> Barbell Pump Barrera FC Strength Training Lions Field Adult and Senior Center Intro to Parkour San Pedro Springs Park</p> <p><u>6:30 pm</u> Boot Camp Woodlawn Lake Park</p> <p><u>7:00 pm</u> Zumba Highland Park</p> <p><u>7:30 pm</u> CoRE Woodlawn Lake Park</p>	<p><u>9:00 am</u> Interval Training Hardberger Park (Blanco Rd) Morning Exercise Lions Field Adult & Senior Center Chair Fitness Commander's House Adult & Senior Center Mobile Fit Circuit Training Tom Slick Park</p> <p><u>9:30 am</u> FitLot Circuit Training Normoyle Park Chair Fitness Lackland Terrace Park</p> <p><u>10:00 am</u> Core Training Hardberger Park (Blanco Rd) Water Walking SA Natatorium Walking Group Commander's House Adult & Senior Center Zumba Gold D2 Senior Center</p> <p><u>12:00 pm</u> Interval Training Barrera FC</p> <p><u>12:30 pm</u> Low Impact Circuit Granados Park Cardio Fit Encino Library</p> <p><u>1:30 pm</u> Stretching Encino Library</p> <p><u>4:00 pm</u> Family Fun Fitness Levi Strauss Park</p> <p><u>5:00 pm</u> Yoga Barrera FC</p> <p><u>5:30 pm</u> Circuit Training Bonnie Conner Park</p> <p><u>6:00 pm</u> Step Aerobics Barrera FC Boot Camp Olympia Park Core Rhythms Highland Park Beginner Tennis Fairchild Park</p> <p><u>6:30 pm</u> Interval Training Bonnie Conner Park Water Aerobics SA Natatorium</p> <p><u>7:00 pm</u> Core Training Olympia Park Zumba Highland Park</p>	<p><u>9:00 am</u> Low Impact Circuit John James Park Senior Strength & Conditioning D2 Senior Center Morning Exercise Lions Field Adult & Senior Center</p> <p><u>10:00 am</u> Drum Fitness Lackland Terrace Park Lap Swim SA Natatorium</p> <p><u>12:00 pm</u> Water Aerobics SA Natatorium</p> <p><u>5:00 pm</u> Yoga Barrera FC</p> <p><u>6:00 pm</u> Circuit Training Highland Park Strength Training Lions Field Adult and Senior Center</p> <p><u>6:30 pm</u> Aqua Zumba San Antonio Natatorium Zumba Barrera FC</p>	<p><u>9:00 am</u> Mobile Fit Circuit Training Heritage Duck Pond Park Morning Exercise Lions Field Adult & Senior Center Drum Fitness Commander's House Adult & Senior Center</p> <p><u>9:30 am</u> Strength & Balance Lackland Terrace Park</p> <p><u>10:00 am</u> Chair Yoga Lackland Terrace Park Chair Yoga Commander's House Adult & Senior Center Cardio Fit Parman Library Line Dance Lions Field Adult & Senior Center Line Dance Commander's House Adult & Senior Center Water Walking SA Natatorium</p> <p><u>11:00 am</u> Yoga Parman Library Line Dance Lions Field Adult and Senior Center</p> <p><u>12:00 pm</u> Circuit Training Barrera FC</p> <p><u>12:30 pm</u> Low Impact Circuit Granados Park</p> <p><u>1:00 pm</u> Gentle Yoga D2 Senior Center</p> <p><u>5:30 pm</u> HIIT Palomino Park None2Run 5K Training Woodlawn Lake Park</p> <p><u>6:00 pm</u> Bike Boot Camp Barrera FC Beginner Tennis San Pedro Springs Park Boot Camp Dawson Park Core Rhythms Highland Park</p> <p><u>6:30 pm</u> SPEAR Training Woodlawn Lake Park STORM Group Ride McAllister Park Water Aerobics SA Natatorium</p> <p><u>7:00 pm</u> Zumba Highland Park Core Training Dawson Park</p> <p><u>7:30 pm</u> Interval Training Woodlawn Lake Park</p>	<p><u>8:00 am</u> Zumba Gold Normoyle Senior Center</p> <p><u>9:00 am</u> Morning Exercise Lions Field Adult & Senior Center</p> <p><u>10:00 am</u> Lap Swim SA Natatorium</p> <p><u>10:30 am</u> Cardio Fit Barrera FC</p> <p><u>11:00 am</u> Eccentrics Granados Park</p> <p><u>12:00 pm</u> Water Aerobics SA Natatorium</p>	<p><u>8:00 am</u> Walk with a Doc Hardberger Park (Blanco Rd)</p> <p><u>9:00 am</u> SPEAR Training McAllister Park Boot Camp Pearsall Park FitLot Circuit Training Normoyle Park</p> <p><u>9:30 am</u> Pickleball LBJ Park</p> <p><u>10:00 am</u> Circuit Training McAllister Park Fit Express Pearsall Park Volleyball Conditioning Joe Ward Park</p> <p><u>10:30 am</u> Zumba Copernicus Park</p> <p><u>11:30 am</u> Aqua Board HIIT SA Natatorium</p> <p><u>12:00 pm</u> Volleyball Conditioning Joe Ward Park Mo' Dancing Garza Park</p> <p><u>2:00 pm</u> Basketball Conditioning Normoyle Park</p>
<p> </p> <p>Home Bodies @ SAparksandRec</p>					<p>Sunday March 13</p> <p><u>9:00 am</u> Circuit Training Hardberger Park (NW Military)</p> <p><u>10:00 am</u> Core Training Hardberger Park (NW Military)</p>

Monday March 14	Tuesday March 15	Wednesday March 16	Thursday March 17	Friday March 18	Saturday March 19
Low Impact Circuit Lou Kardon Park Morning Exercise Lions Field Adult & Senior Center <u>10:00 am</u> Drum Fitness Lackland Terrace Park Lap Swim SA Natatorium <u>10:30 am</u> Pickleball Granados Park <u>12:00 pm</u> Water Aerobics SA Natatorium <u>1:30 pm</u> Chair Volleyball Commander's House Adult & Senior Center <u>2:00 pm</u> Senior Strength & Conditioning D2 Senior Center <u>5:30 pm</u> None2Run 5K Training Woodlawn Lake Park <u>6:00 pm</u> Barbell Pump Barrera FC Strength Training Lions Field Adult and Senior Center Hula Dance LBJ Park Intro to Parkour San Pedro Springs Park <u>6:30 pm</u> Boot Camp Woodlawn Lake Park <u>7:00 pm</u> Zumba Southside Lions Park <u>7:30 pm</u> CoRE Woodlawn Lake Park Zumba West End Park	<u>9:00 am</u> Interval Training Hardberger Park (Blanco Rd) Morning Exercise Lions Field Adult & Senior Center Chair Fitness Commander's House Adult & Senior Center Mobile Fit Circuit Training Tom Slick Park <u>9:30 am</u> FitLot Circuit Training Normoyle Park Chair Fitness Lackland Terrace Park <u>10:00 am</u> Core Training Hardberger Park (Blanco Rd) Water Walking SA Natatorium Walking Group Commander's House Adult & Senior Center Zumba Gold D2 Senior Center <u>12:00 pm</u> Interval Training Barrera FC <u>12:30 pm</u> Low Impact Circuit Granados Park <u>4:00 pm</u> Family Fun Fitness Levi Strauss Park <u>5:00 pm</u> Yoga Barrera FC <u>5:30 pm</u> Circuit Training Bonnie Conner Park Hip Hop Majorette Dance West End Park <u>6:00 pm</u> Step Aerobics Barrera FC Boot Camp Olympia Park Core Rhythms Highland Park Beginner Tennis Fairchild Park <u>6:30 pm</u> Interval Training Bonnie Conner Park Water Aerobics SA Natatorium Basketball Conditioning West End Park <u>7:00 pm</u> Core Training Olympia Park Zumba Highland Park	<u>9:00 am</u> Low Impact Circuit John James Park Senior Strength & Conditioning D2 Senior Center Morning Exercise Lions Field Adult & Senior Center <u>10:00 am</u> Drum Fitness Lackland Terrace Park Lap Swim SA Natatorium <u>12:00 pm</u> Water Aerobics SA Natatorium <u>5:00 pm</u> Yoga Barrera FC <u>6:00 pm</u> Circuit Training Highland Park Strength Training Lions Field Adult and Senior Center Hula Dance LBJ Park Pickleball Southside Lions Park <u>6:30 pm</u> Aqua Zumba San Antonio Natatorium Zumba Barrera FC <u>7:00 pm</u> Hip Hop Dance LBJ Park	<u>9:00 am</u> Mobile Fit Circuit Training Heritage Duck Pond Park Morning Exercise Lions Field Adult & Senior Center Drum Fitness Commander's House Adult & Senior Center <u>9:30 am</u> Strength & Balance Lackland Terrace Park <u>10:00 am</u> Chair Yoga Lackland Terrace Park Chair Yoga Commander's House Adult & Senior Center Line Dance Lions Field Adult & Senior Center Line Dance Commander's House Adult & Senior Center Water Walking SA Natatorium <u>11:00 am</u> Line Dance Lions Field Adult and Senior Center <u>12:00 pm</u> Circuit Training Barrera FC <u>12:30 pm</u> Low Impact Circuit Granados Park <u>1:00 pm</u> Gentle Yoga D2 Senior Center <u>5:30 pm</u> HIIT Palomino Park None2Run 5K Training Woodlawn Lake Park <u>6:00 pm</u> Bike Boot Camp Barrera FC Beginner Tennis San Pedro Springs Park Boot Camp Dawson Park Core Rhythms Southside Lions Park <u>6:30 pm</u> SPEAR Training Woodlawn Lake Park STORM Group Ride McAllister Park Water Aerobics SA Natatorium Basketball Conditioning West End Park Line Dance West End Park <u>7:00 pm</u> Zumba Southside Lions Park Core Training Dawson Park <u>7:30 pm</u> Interval Training Woodlawn Lake Park	<u>8:00 am</u> Zumba Gold Normoyle Senior Center <u>9:00 am</u> Morning Exercise Lions Field Adult & Senior Center <u>10:00 am</u> Lap Swim SA Natatorium <u>10:30 am</u> Cardio Fit Barrera FC <u>11:00 am</u> Eccentrics Granados Park <u>12:00 pm</u> Water Aerobics SA Natatorium <u>5:00 pm</u> Volleyball Conditioning West End Park <u>5:30 pm</u> Hip Hop Majorette Dance West End Park <u>6:00 pm</u> Get Lit & Drip LBJ Park	<u>9:00 am</u> SPEAR Training McAllister Park Boot Camp Pearsall Park FitLot Circuit Training Normoyle Park <u>9:30 am</u> Pickleball LBJ Park <u>10:00 am</u> Circuit Training McAllister Park Fit Express Pearsall Park Volleyball Conditioning Joe Ward Park <u>10:30 am</u> Zumba Copernicus Park <u>11:30 am</u> Aqua Board HIIT SA Natatorium <u>12:00 pm</u> Volleyball Conditioning Joe Ward Park Mo' Dancing Garza Park <u>2:00 pm</u> Basketball Conditioning Normoyle Park
<div>   </div> <div>Home Bodies @ SAparksandRec</div>					
<div>   </div> <div>Home Bodies @ SAparksandRec</div>					
Sunday March 20					
<u>9:00 am</u> Circuit Training Hardberger Park (NW Military) <u>10:00 am</u> Core Training Hardberger Park (NW Military)					

Monday March 21	Tuesday March 22	Wednesday March 23	Thursday March 24	Friday March 25	Saturday March 26
Low Impact Circuit Lou Kardon Park Morning Exercise Lions Field Adult & Senior Center <u>10:00 am</u> Drum Fitness Lackland Terrace Park Lap Swim SA Natatorium <u>10:30 am</u> Pickleball Granados Park <u>12:00 pm</u> Water Aerobics SA Natatorium <u>1:30 pm</u> Chair Volleyball Commander's House Adult & Senior Center <u>2:00 pm</u> Senior Strength & Conditioning D2 Senior Center <u>5:30 pm</u> None2Run 5K Training Woodlawn Lake Park <u>6:00 pm</u> Barbell Pump Barrera FC Strength Training Lions Field Adult and Senior Center Hula Dance LBJ Park Intro to Parkour San Pedro Springs Park <u>6:30 pm</u> Boot Camp Woodlawn Lake Park <u>7:00 pm</u> Zumba Southside Lions Park Hip Hop Dance Copernicus Park <u>7:30 pm</u> CoRE Woodlawn Lake Park Zumba West End Park  Home Bodies @ SAparksandRec	<u>9:00 am</u> Interval Training Hardberger Park (Blanco Rd) Morning Exercise Lions Field Adult & Senior Center Chair Fitness Commander's House Adult & Senior Center Mobile Fit Circuit Training Tom Slick Park <u>9:30 am</u> FitLot Circuit Training Normoyle Park Chair Fitness Lackland Terrace Park <u>10:00 am</u> Core Training Hardberger Park (Blanco Rd) Water Walking SA Natatorium Walking Group Commander's House Adult & Senior Center Zumba Gold D2 Senior Center <u>12:00 pm</u> Interval Training Barrera FC <u>12:30 pm</u> Low Impact Circuit Granados Park Cardio Fit Encino Library <u>1:30 pm</u> Stretching Encino Library <u>4:00 pm</u> Family Fun Fitness Levi Strauss Park <u>5:00 pm</u> Yoga Barrera FC <u>5:30 pm</u> Circuit Training Bonnie Conner Park Hip Hop Majorette Dance West End Park <u>6:00 pm</u> Step Aerobics Barrera FC Boot Camp Olympia Park Core Rhythms Harlandale Park Beginner Tennis Fairchild Park <u>6:30 pm</u> Interval Training Bonnie Conner Park Water Aerobics SA Natatorium Basketball Conditioning West End Park <u>7:00 pm</u> Core Training Olympia Park Zumba Harlandale Park	<u>9:00 am</u> Low Impact Circuit John James Park Senior Strength & Conditioning D2 Senior Center Morning Exercise Lions Field Adult & Senior Center <u>10:00 am</u> Drum Fitness Lackland Terrace Park Lap Swim SA Natatorium <u>12:00 pm</u> Water Aerobics SA Natatorium <u>5:00 pm</u> Yoga Barrera FC <u>6:00 pm</u> Circuit Training Highland Park Strength Training Lions Field Adult and Senior Center Hula Dance LBJ Park Pickleball Southside Lions Park <u>6:30 pm</u> Aqua Zumba San Antonio Natatorium Zumba Barrera FC <u>7:00 pm</u> Hip Hop Dance LBJ Park	<u>9:00 am</u> Mobile Fit Circuit Training Heritage Duck Pond Park Morning Exercise Lions Field Adult & Senior Center Drum Fitness Commander's House Adult & Senior Center <u>9:30 am</u> Strength & Balance Lackland Terrace Park <u>10:00 am</u> Chair Yoga Lackland Terrace Park Chair Yoga Commander's House Adult & Senior Center Cardio Fit Parman Library Line Dance Lions Field Adult & Senior Center Line Dance Commander's House Adult & Senior Center Water Walking SA Natatorium <u>11:00 am</u> Yoga Parman Library Line Dance Lions Field Adult and Senior Center <u>12:00 pm</u> Circuit Training Barrera FC <u>12:30 pm</u> Low Impact Circuit Granados Park <u>1:00 pm</u> Gentle Yoga D2 Senior Center <u>5:30 pm</u> HIIT Palomino Park None2Run 5K Training Woodlawn Lake Park <u>6:00 pm</u> Bike Boot Camp Barrera FC Beginner Tennis San Pedro Springs Park Boot Camp Dawson Park Core Rhythms Southside Lions Park <u>6:30 pm</u> SPEAR Training Woodlawn Lake Park STORM Group Ride McAllister Park Water Aerobics SA Natatorium Basketball Conditioning West End Park Line Dance West End Park <u>7:00 pm</u> Zumba Southside Lions Park Core Training Dawson Park <u>7:30 pm</u> Interval Training Woodlawn Lake Park	<u>8:00 am</u> Zumba Gold Normoyle Senior Center <u>9:00 am</u> Morning Exercise Lions Field Adult & Senior Center <u>10:00 am</u> Lap Swim SA Natatorium <u>10:30 am</u> Cardio Fit Barrera FC <u>11:00 am</u> Eccentrics Granados Park <u>12:00 pm</u> Water Aerobics SA Natatorium <u>5:00 pm</u> Volleyball Conditioning West End Park <u>5:30 pm</u> Hip Hop Majorette Dance West End Park <u>6:00 pm</u> Get Lit & Drip LBJ Park Pickleball 101 Fairchild Park	<u>9:00 am</u> SPEAR Training McAllister Park Boot Camp Pearsall Park FitLot Circuit Training Normoyle Park <u>9:30 am</u> Pickleball LBJ Park <u>10:00 am</u> Circuit Training McAllister Park Fit Express Pearsall Park Volleyball Conditioning Joe Ward Park <u>10:30 am</u> Zumba Copernicus Park <u>11:30 am</u> Aqua Board HIIT SA Natatorium <u>12:00 pm</u> Volleyball Conditioning Joe Ward Park Mo' Dancing Garza Park <u>2:00 pm</u> Basketball Conditioning Normoyle Park
<div>Sunday March 27</div> <div> <u>9:00 am</u> Circuit Training Hardberger Park (NW Military) <u>10:00 am</u> Core Training Hardberger Park (NW Military) </div>					
 Home Bodies @ SAparksandRec					

Monday March 28	Tuesday March 29	Wednesday March 30	Thursday March 31	Friday April 1	Saturday April 2
Low Impact Circuit Lou Kardon Park Morning Exercise Lions Field Adult & Senior Center <u>10:00 am</u> Drum Fitness Lackland Terrace Park Lap Swim SA Natatorium <u>10:30 am</u> Pickleball Granados Park <u>12:00 pm</u> Water Aerobics SA Natatorium <u>1:30 pm</u> Chair Volleyball Commander's House Adult & Senior Center <u>2:00 pm</u> Senior Strength & Conditioning D2 Senior Center <u>5:30 pm</u> None2Run 5K Training Woodlawn Lake Park <u>6:00 pm</u> Barbell Pump Barrera FC Strength Training Lions Field Adult and Senior Center Hula Dance LBJ Park Intro to Parkour San Pedro Springs Park <u>6:30 pm</u> Boot Camp Woodlawn Lake Park <u>7:00 pm</u> Zumba Southside Lions Park Hip Hop Dance Copernicus Park <u>7:30 pm</u> CoRE Woodlawn Lake Park Zumba West End Park  Home Bodies @ SAparksandRec	<u>9:00 am</u> Interval Training Hardberger Park (Blanco Rd) Morning Exercise Lions Field Adult & Senior Center Chair Fitness Commander's House Adult & Senior Center Mobile Fit Circuit Training Tom Slick Park <u>9:30 am</u> FitLot Circuit Training Normoyle Park Chair Fitness Lackland Terrace Park <u>10:00 am</u> Core Training Hardberger Park (Blanco Rd) Water Walking SA Natatorium Walking Group Commander's House Adult & Senior Center Zumba Gold D2 Senior Center <u>12:00 pm</u> Interval Training Barrera FC <u>12:30 pm</u> Low Impact Circuit Granados Park Cardio Fit Encino Library <u>1:30 pm</u> Stretching Encino Library <u>4:00 pm</u> Family Fun Fitness Levi Strauss Park <u>5:00 pm</u> Yoga Barrera FC <u>5:30 pm</u> Circuit Training Bonnie Conner Park Hip Hop Majorette Dance West End Park <u>6:00 pm</u> Step Aerobics Barrera FC Boot Camp Olympia Park Core Rhythms Harlandale Park Beginner Tennis Fairchild Park <u>6:30 pm</u> Interval Training Bonnie Conner Park Water Aerobics SA Natatorium Basketball Conditioning West End Park <u>7:00 pm</u> Core Training Olympia Park Zumba Harlandale Park	<u>9:00 am</u> Low Impact Circuit John James Park Senior Strength & Conditioning D2 Senior Center Morning Exercise Lions Field Adult & Senior Center <u>10:00 am</u> Drum Fitness Lackland Terrace Park Lap Swim SA Natatorium <u>12:00 pm</u> Water Aerobics SA Natatorium <u>5:00 pm</u> Yoga Barrera FC <u>6:00 pm</u> Circuit Training Highland Park Strength Training Lions Field Adult and Senior Center Hula Dance LBJ Park Pickleball Southside Lions Park <u>6:30 pm</u> Aqua Zumba San Antonio Natatorium Zumba Barrera FC <u>7:00 pm</u> Hip Hop Dance LBJ Park	 <u>10:00 am</u> Cardio Fit Parman Library <u>11:00 am</u> Yoga Parman Library <u>5:30 pm</u> HIIT Palomino Park None2Run 5K Training Woodlawn Lake Park <u>6:00 pm</u> Boot Camp Dawson Park <u>6:30 pm</u> SPEAR Training Woodlawn Lake Park STORM Group Ride McAllister Park <u>7:00 pm</u> Core Training Dawson Park <u>7:30 pm</u> Interval Training Woodlawn Lake Park	<u>8:00 am</u> Zumba Gold Normoyle Senior Center <u>9:00 am</u> Morning Exercise Lions Field Adult & Senior Center <u>10:00 am</u> Lap Swim SA Natatorium <u>10:30 am</u> Cardio Fit Barrera FC <u>11:00 am</u> Eccentrics Granados Park <u>12:00 pm</u> Water Aerobics SA Natatorium <u>5:00 pm</u> Volleyball Conditioning West End Park <u>5:30 pm</u> Hip Hop Majorette Dance West End Park	<u>9:00 am</u> SPEAR Training McAllister Park Boot Camp Pearsall Park FitLot Circuit Training Normoyle Park <u>9:30 am</u> Pickleball LBJ Park <u>10:00 am</u> Circuit Training McAllister Park Fit Express Pearsall Park Volleyball Conditioning Joe Ward Park <u>10:30 am</u> Zumba Copernicus Park <u>11:30 am</u> Aqua Board HIIT SA Natatorium <u>12:00 pm</u> Volleyball Conditioning Joe Ward Park Mo' Dancing Garza Park <u>2:00 pm</u> Basketball Conditioning Normoyle Park
<div>Sunday April 3</div> <div> <u>9:00 am</u> Circuit Training Hardberger Park (NW Military) <u>10:00 am</u> Core Training Hardberger Park (NW Military) </div> <div>  Home Bodies @ SAparksandRec </div>					